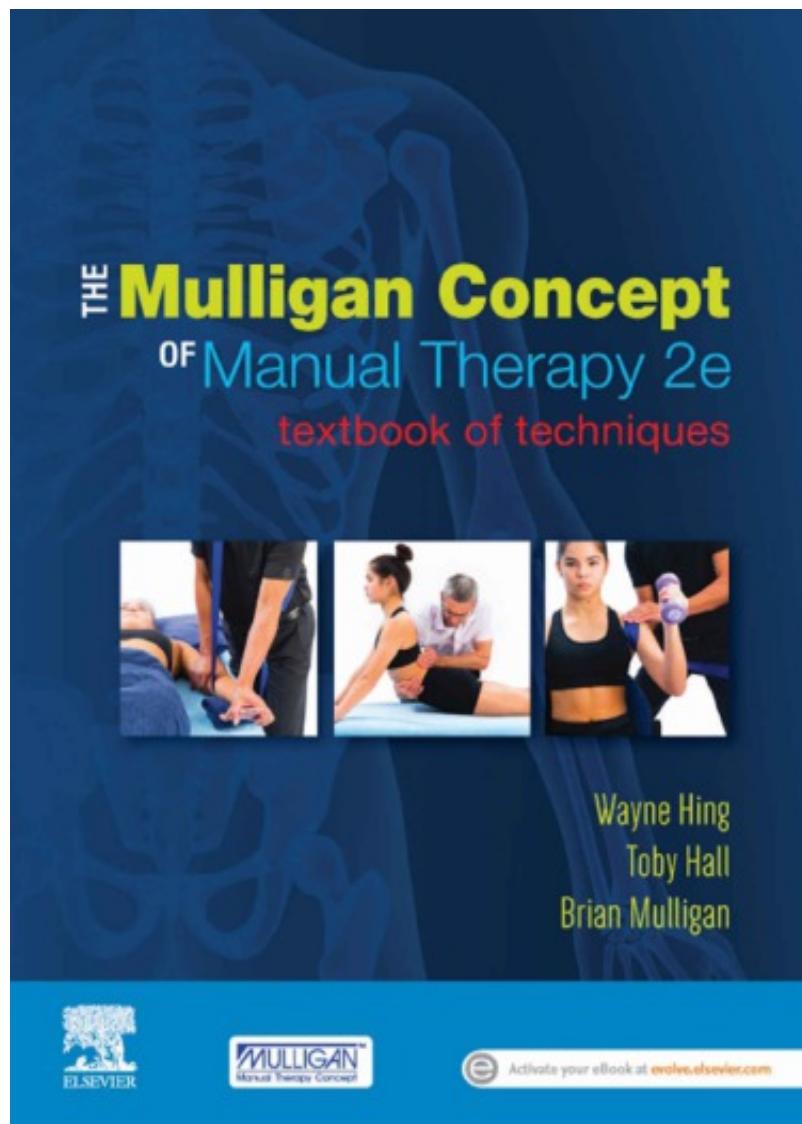


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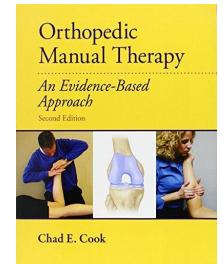


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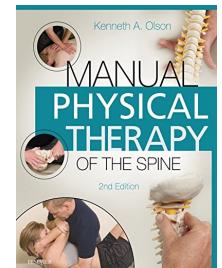
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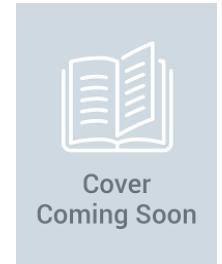
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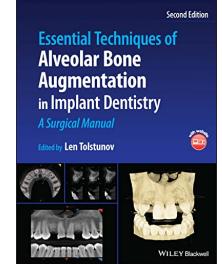
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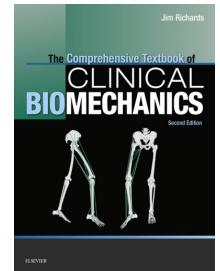
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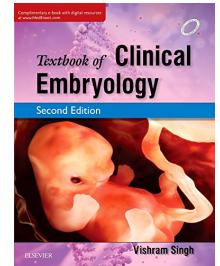
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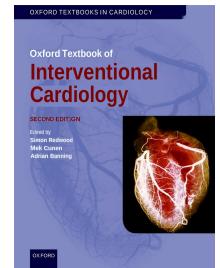
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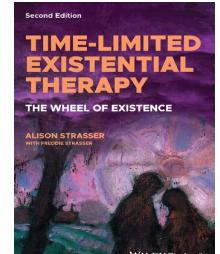
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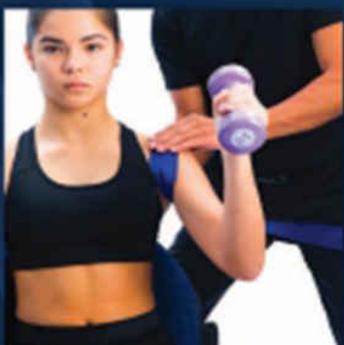
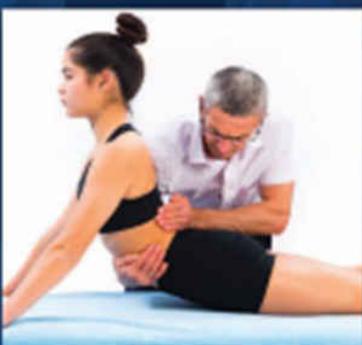


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Wayne Hing
Toby Hall
Brian Mulligan



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Foreword

I thank Elsevier for pressuring, in a nice way, Professor Wayne Hing and Dr Toby Hall to write a second edition of this textbook on my concepts. In this edition are technique improvements that needed to be shared as well as new essential techniques. I must again acknowledge and thank my teaching colleagues Mark Oliver and Frank Gargano for the new techniques and material they have contributed.

I believe the contents of this book, in its second edition, are priceless. All who deal with musculoskeletal conditions and practise manual therapy should have a copy.

As I stated in the first edition, what makes our concepts so special is that when indicated they are immediately effective. The Mobilisation With Movement techniques described within this book are only to be used when they produce no pain when indicated and, of course, are immediately effective. I know of no other manual therapy concepts for the entire body that follow these guidelines. What is really special about them is that it only takes about two minutes to decide whether they are indicated. Not to be able to use our concepts may be denying patients their best treatment option. I now have many hours of video showing the efficacy of our concepts, from personally treating patients on stage in many cities in America before my peers. The hundreds who have witnessed these occasions are left in no doubt as to the efficacy of these techniques because of the regular positive and instant pain-free outcomes. I should add that when I lecture on our concepts I always treat patients on stage to show what we can do – it is much better than telling people what we can do.

Forgive the repetition, but our concepts have come a long way from 1985 when, by chance, I had an unexpected instant pain-free success with a traumatised finger using what are now known as 'Mobilisations With Movement'. The patient, who was a young woman in her early twenties, presented with a swollen interphalangeal joint that was painful and would not flex. I applied traction to the joint several times, which accomplished nothing. I then applied joint (glide) translations in the recommended biomechanically appropriate direction for flexion. Like the tractions, these glides were also ineffective and painful. I then tried a medial translation accessory movement, which was unacceptable to the patient because of

pain. Without much enthusiasm I then gently tried a lateral translation, which prompted the patient to say 'it does not hurt'. Something prompted me to sustain this translation and ask her if she could flex her finger. To my astonishment and her delight the finger flexed without pain! She then said something like 'You have fixed me'. 'Of course!' I replied. She still had a small loss of flexion range owing to some residual swelling but she departed my rooms with a smile.

The young woman returned two days later and her finger had completely recovered. Why, I asked myself? The only explanation I could come up with for my chance success was that as a result of her trauma there was a minute positional fault of the joint that prevented flexion movement. When this positional fault was corrected it enabled a full recovery to take place. It was a simple hypothesis and because of this I began to look differently at all joints that I treated and experimented to see whether I could achieve similar results by repositioning other joint surfaces. I began having unbelievable successes in the clinic. A 'miracle a day' I called them. Louis Pasteur once said that chance only favours the prepared mind. When I, by chance, had my first 'miracle' with the young woman and her painfully limited interphalangeal joint, I did indeed have a prepared mind.

Today the concepts that have grown from this chance finding have come a long way and guidelines are now in place for their successful clinical use; these are fully described within this textbook. To optimally succeed with our concepts, you need advanced clinical reasoning and excellent handling skills. The detailed descriptions in this book will help you immensely in both these aspects. Ideally, of course, the reader should attend the courses that are available around the world by accredited Mulligan Concept teachers. Teachers and courses are listed at www.bmulligan.com.

While on the topic of teachers, I always acknowledge and thank my mentor Freddy Kaltenborn. Freddy came many times from Europe to teach in faraway New Zealand. He taught me how to manipulate every joint in the spine and to mobilise the extremity joints. His able teachings gave me excellent handling skills. He also increased my knowledge and the importance he placed on the clinical significance of treatment planes led me to successfully develop Mobilisation With Movement. If you do not know each joint's

treatment plane you will never be able to successfully manipulate or effectively apply the Mulligan concepts.

I must stress that the techniques contained within this book are not set in stone. They are all based on repositioning joint surfaces, or muscles and their tendons, to see whether one can achieve pain-free resolution of a musculoskeletal problem. The techniques described in the book are those we, in the Mulligan Concept Teachers Association, have clinically found to be effective. If any clinicians applying them, who

have the requisite knowledge and handling skills, can improve upon these techniques then this would be most welcome. It is hoped these clinicians would share their significant worthwhile improvements with other clinicians and teachers.

I feel very humble to have the support of such scholars as Wayne and Toby, and thank them and Elsevier sincerely for this wonderful publication.

Brian Mulligan

Preface

This second edition of the textbook entitled *The Mulligan Concept of Manual Therapy: Textbook of Techniques* presents new techniques in addition to the original ones covered in the first edition. More than 250 Mulligan Concept techniques are shown and these include therapist techniques as well as home exercises and taping techniques. The pictures illustrating this book have been re-taken for improved clarity, with the number of images greatly increased to enable the reader to better conceptualise the execution of each technique. The text has also been updated throughout each chapter, with new references to inform the reader about the current evidence base for the Mulligan Concept.

The book is aimed at being a comprehensive and easy-to-follow resource for the novice and the experienced clinician as well as researchers. It has been written for the clinician, teacher and student interested in furthering their familiarity with the wide array of techniques under the Mulligan Concept umbrella. Mulligan Concept techniques are effective and safe when applied in accordance with easy-to-follow guidelines and clearly identified underlying principles.

When Brian Mulligan first described Mobilisation with Movement (MWM) in 1984 he shared his techniques through his original book entitled *Mulligan's Manual Therapy: NAGs, SNAGs and MWMs*, of which there have been seven editions over the past 30 years. This book has been written to expand on and fully describe in a standardised format all the techniques mentioned in Brian Mulligan's aforementioned original texts, as well as including new techniques that were not contained in those earlier landmark editions. This book is also intended as an accompaniment to our first book entitled *Mobilisation with Movement: the Art and the Science*, which was published in 2011.

Our first book presented the science underpinning MWM and also described aspects of 'the art' inherent in its successful implementation. In that book the basic principles of MWMs were outlined, potential mechanisms underpinning the successful application

of MWMs were canvassed, and in-depth aspects of its clinical application were critiqued including guidelines on dosage and troubleshooting. Over half of the first text presented the application of MWM in a series of case reports. These case studies focused on the clinical reasoning underlying the application of the Mulligan Concept, including consideration of the evidence base. The case studies followed the application of the Mulligan Concept from the first session to discharge, showing how the techniques were selected, applied and progressed over the treatment programme. However, the purpose of that first book was not to provide a detailed description of all the techniques under the Mulligan Concept umbrella, which is the scope of the first and second edition of the current book as it continues the work of the preceding landmark book *Mulligan's Manual Therapy: NAGs, SNAGs and MWMs*.

There was a real need for a comprehensive presentation of the wide array of techniques under the umbrella of the 'Mulligan Concept'. These techniques include MWM and other Mulligan techniques such as pain release phenomenon (PRP). Each technique has been described in a consistent and logical format fully explaining the indications, application and modifications for each technique. In addition, we have detailed the current available evidence for each technique in each chapter.

The book is divided into 14 regional chapters, covering the whole body and encompassing the whole range of musculoskeletal disorders that present to clinical practice, including apparent non-joint disorders such as lateral epicondylalgia. The first chapters focus on MWM, home exercise and taping techniques for the upper quadrant, which includes the cervical spine through to the thorax. These chapters include cervicogenic headache and cervicogenic dizziness, the temporomandibular joint, shoulder complex, elbow, forearm, wrist and hand. The subsequent chapters cover the lower quadrant, including the lumbar spine, sacroiliac joint, hip, knee, ankle and foot. The final chapter covers commonly used PRPs, which are

distinct to MWM but can be very helpful in the right clinical presentation, usually after the condition being treated has proved resistant to other Mulligan Concept techniques.

The techniques in this text are drawn from those presented on the Mulligan Concept courses taught worldwide and as such form the curriculum of the different levels of those Mulligan Concept courses. Also presented is a dictionary of annotations for the

techniques described, along with an explanation of the rationale underlying the system of annotations.

Professor Wayne Hing

Brisbane, Australia, 2019

Adjunct Associate Professor Toby Hall

Perth, Australia, 2019

Brian Mulligan

Wellington, New Zealand, 2019

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Acknowledgments

Wayne Hing

The completion of the second edition of this Mulligan Concept book on techniques is now complete. A huge thank you to my good friend Toby Hall for his commitment and expertise to complete this goal.

Brian, this is once again a tribute to you for your gift to the physiotherapy profession! You taught me a philosophy of manual therapy that is practical and functional. To my kids, Matthew and Philippa, who make my life meaningful, thank you.

Toby Hall

To the many people who have supported me: foremost are my family, Liz, Sam and Amy, and parents, Christine and Douglas. You give the meaning to my life. I am also privileged to have worked and learnt from esteemed colleagues, Kim Robinson, Bob Elvey and Brian Mulligan, among many others. Of course, a huge shout-out to my friend and colleague, Wayne Hing, without whom this book would not exist. Thanks to all of you.

Brian Mulligan

Like I say below, this second edition, like the first, will be welcomed by all those involved in the field of musculoskeletal medicine. This edition will also be a first-class addition to the literature on manual therapy. It is superbly authored by Drs Wayne Hing and Toby Hall.

It brings the reader up to date with new techniques and with all the recent journal articles supporting our

concepts. There are format changes that the reader will appreciate. What is really unique is that, with all the techniques dealt with, the authors give the levels of evidence that support them.

I am indebted to both Wayne and Toby for this textbook.

Special acknowledgment

Special acknowledgment goes to Daniel Harvie, Mark Oliver, Jillian McDowell and Elisa Canetti for their contribution to this edition: Daniel's specific contribution to the introduction, Mark's to the sacroiliac and temporomandibular chapters, Jillian's to the overall nomenclature and annotations throughout the book and finally Elisa Canetti for her specific assistance in updating all chapter introductions to the literature and levels of evidence.

Lastly, a huge thank you to Brian Mulligan for giving the authors the opportunity to write this book; also for his vision, support and guidance through the journey of planning and then writing of the book.

Finally, to the Mulligan Concept Teachers Association (MCTA), thank you all for contributing to the first and second editions of this book, *The Mulligan Concept of Manual Therapy: Textbook of techniques*. Without all your support and contribution this would not have been possible. For details of the current members please refer to the website at <https://www.bmulligan.com/teachers>.

TABLE 1 Abbreviations for use in Mulligan Concept annotations

| Start position | Side | Joints / anatomy | Glides (text) | Mulligan technique | Movement | Repetitions / time / sets |
|-------------------|---------|--------------------------------|---------------------------------|--------------------------|------------------------------------|---------------------------|
| pr ly=prone lying | L=left | ACJ=acromioclavicular joint | Ant=anterior | BLR=bent leg raise | Ab=abduction [◊] | min=minutes |
| s ly=side lying | R=right | Ank=ankle | AP=anteroposterior [#] | HA SNAG=headache | Ad=adduction [◊] | sec=seconds |
| sit=sitting | | Calc=calcaneum | Comp=compression [◊] | sustained natural | Approx=approximation | ×=times |
| st=standing | | CV=costovertebral joint | Dist=distraction | apophyseal glide | Depr=depression | ()=sets |
| sup ly=supine | | Cx=cervical spine | gl=glide | MWM=Mobilisation with | Dev=deviation | |
| lying | | C3=cervical spine 3rd vertebra | Inf=inferior | Movement | DF=Dorsiflexion [◊] | |
| WB=weight-bearing | | Elb=elbow | Lat=lateral [◊] | NAG=natural apophyseal | DFIS=dorsiflexion in | |
| | | Fib=fibula | Med=medial [◊] | glide | standing | |
| | | Fra=forearm | PA=posteroanterior* | Rev HA SNAG=reverse | Downw=downward | |
| | | Gastro=gastrocnemius | Post=posterior | headache sustained | E=extension [◊] | |
| | | GH=glenohumeral | Prox=proximal | natural apophyseal | EI=extension in lying [◊] | |
| | | Inn=innominate | Sup=superior/ separates | glide | EI=elevation [◊] | |
| | | Kn=knee | multiple individual | Rev NAG=reverse | ER=external rotation | |
| | | L5=lumbar spine 5th vertebra | glides – indicates | natural apophyseal | Ev=eversion [◊] | |
| | | MC=metacarpal | combined glides | glide | F=flexion [◊] | |
| | | MCP=metacarpophalangeal | | SMWAM=spinal | HBB=hand behind back | |
| | | joint | | mobilisation with arm | HE=horizontal | |
| | | MT=metatarsal | | movement | extension [◊] | |
| | | MTP=metatarsophalangeal | | SMWLM=spinal | HF=horizontal flexion [◊] | |
| | | joint | | mobilisation with leg | Inv=inversion [◊] | |
| | | PFJ=patellofemoral joint | | movement | IR=internal rotation | |
| | | PIP=proximal interphalangeal | | SNAG=sustained natural | LF=lateral flexion | |
| | | joint | | apophyseal glide | Occl=occlusion | |
| | | PS=pubic symphysis | | Tr SLR=traction straight | Opp=opposition | |
| | | RIU=radioulnar joint | | leg raise | PF=plantarflexion [◊] | |
| | | SCJ=sternoclavicular joint | | Trans SNAG=transverse | PKB=prone knee bend | |
| | | Sh=shoulder | | sustained natural | Pron=pronation | |
| | | SLU=sacroiliac joint | | apophyseal glide | Rot=rotation | |
| | | Sx=sacrum | | SKB=small knee bend | SKB=small knee bend | |
| | | Tib=tibia | | Supin=supination | Supin=supination | |
| | | TMJ=temperomandibular joint | ↑=anteroposterior [#] | | + | |
| | | Tx=thoracic spine | ↖=lateral glide left | | A=with assistant | |
| | | T4=thoracic spine 4th vertebra | ↗=lateral glide right | | + 2A=with 2 assistants | |
| | | Wr=wrist | ↔=longitudinal | | Bilat=bilateral | |
| | | | ↖=side flexion left | | OP=overpressure | |
| | | | ↗=side flexion right | | Res=resistance | |
| | | | ↖=posterior glide left | | Unilat=unilateral | |
| | | | ↗=posterior glide right | | | |
| | | | ↓=posteroanterior* | | | |

#Acceptable interchangeable terms for anteroposterior include dorsal and posterior.
*Acceptable interchangeable terms for posteroanterior include anterior and ventral.

[#]Denotes established Maitland abbreviations and symbols; although supination is recorded as 'Sup' in Maitland's annotations it has been altered here to avoid confusion with superior glide 'sup gl', which is more commonly used than cephalad (ceph) and caudad (caud) in Mulligan Concept terminology.
◊ Denotes established McKenzie acronym.

Mulligan Concept annotations

The Mulligan Concept of Manual Therapy uses the annotational framework established by McDowell and colleagues (McDowell et al., 2014).

'Annotation' refers to the specific formula used to record a manual therapy technique within patients' records. They may be likened to a specific shorthand, using abbreviations to allow the efficient and accurate recording of treatment in sufficient detail to allow reproduction by another practitioner.

Accurate recording of Mulligan Concept techniques has specific challenges for practitioners as they must encompass additional treatment parameters above those required of other manual therapy approaches.

Mulligan Concept annotations should include the following details preferably in sequential framework order:

- start position
- side
- joint(s)
- method of application (belt, self)
- glide(s) applied
- terminology (e.g. MWM, SNAG, NAG)
- movement or function performed by the patient
- assisted (indicates a second or third therapist required)
- over-pressure (and by whom)
- repetitions or time
- sets.

So, for example, a simple cervical SNAG is sitting with ipsilateral contact on C2 and patient-generated over-pressure, performed with three sets of six repetitions, which may be recorded as follows using common abbreviations (see Table 1):

sit L C2 SNAG Rot L +OP×6(3)

(start position / side / joint / technique / movement

direction / over-pressure / repetitions / sets)

encompassing 8 of a possible 11 framework parameters. A more comprehensive description is required for a scapulothoracic MWM where an assistant applies the posterior glide to the humerus and the therapist alters four positional faults with a combination of corrective glides:

sit R scapulothoracic Inf gl/ Downward rot / Med gl/ER + Post gl GH MWM F +A×6(3)

(start position / side / joint / glides applied to scapula and glenohumeral joints / technique / movement direction / assisted by second therapist / repetitions / sets)

The following operational rules for the annotational framework have been established by McDowell and colleagues (McDowell et al., 2014).

- NAGs and SNAGs – the therapist's contact points are central on the spine unless notated otherwise. Documentation must stipulate whether the therapist's contact position is on the right or left of the spinal segment as a SNAG may be ipsilateral or contralateral to the active movement.
- Transverse SNAGs (formerly called positional SNAGs), SMWAM and SMWLM – if the annotation states 'L T1' this notates the therapist contact point; that is, the therapist applies pressure to the left of the T1 spinous process and applies a transverse glide towards the right.
- If over-pressure is applied then it should be recorded. Special notation should occur if it is performed by a third party or has a special application; for example, the patient's partner administers the over-pressure during a self-cervical rotation SNAG. Otherwise all over-pressure should be considered patient generated.
- If a technique has both a manual and a treatment belt method of application then the use of a belt should always be recorded. When 'belt' is missing from the annotation the practitioner will assume it is a manual technique.
- If more than one corrective glide is applied (e.g. to the scapula for a scapulothoracic MWM) then the glides should be listed in the order of emphasis or magnitude of force. If more inferior glide is needed than external rotation, medial glide and downward rotation then it should be listed as 'Inf gl/ER/Med gl/ downward rotation'. Forward slash lines separate multiple glides (in keeping with Maitland's combined movements (Maitland, 1978) and dashes indicate combined glides (e.g. in the 'Post-sup gl' of the inferior tibiofibular joint).
- The clinical reasoning underpinning the Mulligan Concept recommends that only three repetitions of a technique be performed if a patient's condition is highly acute or irritable (Vicenzino et al., 2011). Accordingly, the number of repetitions should be recorded as '×3'. Once a condition is sub-acute or chronic then six to ten repetitions may be used in three to five sets. The annotation '×6(3)' would indicate six repetitions were performed three times with a rest between each set.

- As a pain release phenomenon (PRP) is a sustained technique it is best recorded by duration but the technique also may have sets applied; for example ‘ $\times 20$ sec(3)’ indicating that three 20 second contractions, stretches or compressions were performed with a rest between each set.
- NAGs are applied at the rate of three per second and here each second should be considered a set. Typically, three to four seconds are performed per segment before retesting (personal communication, Brian Mulligan). If ‘sit L C5 NAG $\times 4$ sec’ is recorded this should be interpreted as 12 glides to the C5 segment.
- Rib MWM with a single point of contact over the posterior chest wall should be recorded using ‘costovertebral’ (CV) in the annotation. This abbreviation allows differentiation from the double hand rib MWM where the rib is lifted anteriorly and posteriorly and recorded using ‘rib’ in the annotation.
- Self-treatments may be performed with a handgrip, fist, towel or treatment belt with the method of application also included when recording home exercise prescriptions.
- Mulligan Concept annotations use ‘elevation’ (El) when an arm movement is in the plane of scaption, ‘flexion’ (F) when in the sagittal plane and ‘abduction’ (Ab) when in the frontal plane.
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Introduction

In the history of manual therapy, specific individuals have been influential in contributing innovative and original insight and developing novel manual therapeutic approaches and techniques. These include the likes of Maitland, McKenzie, Kaltenborn, Elvey and, last but not least, Mulligan. As quoted in the first *Mobilisation with Movement* (MWM) book (Vicenzino et al., 2011a):

These aforementioned utilised their skills in clinical observation, palpation and reasoning to open new fields in manual therapy which effectively shifted practice paradigms and transcended professional boundaries. Indeed, their names have over time become synonymous with manual therapy itself. Almost without exception, these outliers of manual therapy exhibited self-deprecation and a continual drive to share their ideas, techniques and experiences with other practitioners.

Mulligan's unique MWM concept has significantly impacted on manual therapy practice worldwide over the last two decades. The history of MWM is well documented in our first book (Vicenzino et al., 2011a). Mulligan began his career as a physiotherapist graduating from the Otago School of Physiotherapy in Dunedin in 1954. In the late 1950s, after attending seminars based on Dr James Cyriax's approach to orthopaedic medicine, which included spinal manipulation (high-velocity thrust) and passive joint mobilisation techniques, he quickly developed his keen appreciation and interest for manual therapy. Mulligan, Paris and McKenzie's interest in manual therapy led Paris and McKenzie to visit Kaltenborn in Europe. They then returned to New Zealand and shared their knowledge with Mulligan and other physiotherapists.

In those early times the physiotherapy schools did not include this form of manual therapy training, with the key components consisting of exercise therapy and massage, as well as electrotherapy modalities.

Mulligan eventually expanded his knowledge in manual therapy by travelling to Helsinki to attend a Kaltenborn peripheral joint mobilisation course. Upon returning to New Zealand he employed the techniques in his clinic, found them very useful and so then began to teach these new skills to local private practitioners. He went on to run his first weekend course on Kaltenborn mobilisation techniques in 1970 and then taught similar courses in Australia.

It was in 1985 that Mulligan had his first MWM success, which ultimately changed his whole approach to manual therapy. After applying a series of contemporary treatment techniques of passive joint mobilisation and ultrasound to a swollen and painful second proximal interphalangeal joint with little improvement, out of frustration Mulligan trialled a sustained pain-free lateral glide with active flexion. The technique was immediately successful and restored a full range of pain-free movement with complete

return to function and resolution in swelling following this single application of treatment. The concept of applying a sustained glide to a joint and maintaining this during active movement was born and applied in other clinical situations. All MWMs that have since been developed arose from this single observation of a recalcitrant clinical problem.

Mulligan had developed the concept of MWM and went on to apply the same idea to all his patients with finger joint problems, and then to other joints. Medial and lateral glides and rotations with movement were developed first in the fingers, then shortly after in the wrist. Sustained natural apophyseal glides (SNAGs) soon followed in the spine. Mulligan then started to teach these new techniques along with other concepts on courses throughout New Zealand through the manual therapy special interest group of the New Zealand Society of Physiotherapists known as the New Zealand Manipulative Therapists Association.

Mulligan's first Mulligan Concept course was held in 1986 and his text entitled *Manual Therapy: NAGs, SNAGs, MWMs Etc.*, which this current book replaces, is now in its 7th edition, which is due to be released soon (Mulligan, 2019 in press) and has sold more than 80 000 copies worldwide. The interest in Mulligan's courses eventually led to the establishing of the international Mulligan Concept Teachers Association (MCTA), which had its inaugural meeting in Stevenage, United Kingdom (UK) in 1998. This teaching group was set up to standardise the teaching of the Mulligan Concept around the world. There are currently 54 members of MCTA providing courses for physiotherapists all over the world (www.bmulligan.com). The impact that the Mulligan Concept has had on clinical practice was highlighted when Mulligan was named one of 'The Seven Most Influential Persons in Orthopaedic Manual Therapy' as the result of a poll of members of the American Physical Therapy Association.

Our first book, entitled *Mobilisation with Movement: the Art and the Science*, was published in 2011. The text defines and operationally describes the MWM concept in terms of its parameters and how these may be manipulated in order to achieve clinically beneficial outcomes. It is important that the therapist is familiar with the principles behind the MWM concept before attempting to use the techniques described in the current textbook of techniques. While the concept is quite simple in its approach, failure to follow the following guidelines will at best most likely lead to treatment failure, and at worse could exacerbate the patient's condition.

Within the book the importance of therapist knowledge and skill, patient–therapist collaboration and patient cooperation are highlighted in the acronym **CROCKS**, which is favoured by Mulligan (personal communication, 2009) in his teaching and is summarised in **Table 1**.

Contraindications. Manually induced forces applied to a patient by a therapist ought to be considered in light of the state of the underlying tissues, as well as any underlying pathology both locally (e.g. infection, inflammation) and generally (e.g. sero-positive arthropathy, rheumatoid, cancer). For example, bone quality (e.g. osteoporosis, fractures), joint structure integrity (e.g. unstable joint), blood vessel patency (e.g. vertebral artery, aortic aneurism), and skin integrity (e.g. frail skin in diabetes or peripheral vascular disease), which could likely be compromised in patients presenting with painful conditions, need to be considered. Novice manual therapists, including novices to MWM, should make themselves familiar with conditions that are contraindications to manual therapy and those in which caution is required (Gay & Nelson, 2003). Notwithstanding this, MWM techniques have a built-in safety mechanism because they are to be applied without symptoms (e.g. pain, giving way, pins and needles) and with the least amount of force to achieve an improvement in the patient's movement impairment. The technical and conceptual aspects required to apply safe MWMs are presented within this text, which is an updated edition of *The Mulligan Concept of Manual Therapy: Textbook of Techniques* (Hing et al., 2015) as well as our previous one *Mobilisation with Movement: the Art and the Science* (Vicenzino et al., 2011a).

Repetitions. The number of repetitions per set and the number of sets per session vary between techniques as well as the stages of the intervention. It is generally advisable that fewer repetitions should be used when treating the spine compared with peripheral joints, particularly on initial application and in more recently injured joints

TABLE 1 Summary of acronym CROCKS

| | |
|----------|--|
| C | Contraindications |
| R | Repetitions |
| O | Over-pressure |
| C | Communication and cooperation |
| K | Knowledge |
| S | Sustain, skill, sensibility and subtle |

or in injuries with severe pain presentation (or neural or joint instability symptoms). More repetitions are used in more-longstanding cases (often those recalcitrant to previous treatments) and as a progression when the patient's condition improves. [Table 2](#) presents a guide to the numbers of repetitions.

Over-pressure. All joints have an active and passive available range of movement (ROM), with slightly more passive range available than active. The maximum passive range is achieved by therapist-applied firm over-pressure at the end of the joint's active range. If pain-free over-pressure can be achieved at the symptomatic joint as a consequence of a MWM technique, then this is believed to ensure optimal recovery. Failure to test over-pressure for pain responses may hinder the recovery of the specific joint being treated.

Communication and cooperation. These are essential features of safe and effective MWM application. Practitioners must inform patients of expected effects and patients must communicate with practitioners the presence of any symptoms, discomfort or pain during each treatment session.

Knowledge. Practitioners must have knowledge of musculoskeletal medicine, pathology, biomechanics and anatomy. This will enable the safe, efficient and accurate application of techniques.

Sustain. MWM techniques incorporate accessory glide with active movement. Ensure the glide is maintained during the entire duration of the movement, even on return to the start position. **S** also stands for skill, sensibility and subtle, as described below.

Skill in the manual handling of the physical application of the technique. MWM is a skill like any form of manual therapy. The more the therapist perfects their technique, the better the technique will be performed.

Sensibility. Again, with practice, the therapist will gain greater sense and feeling through their hands. This will enable awareness of joint gliding, physiological movement, and subtle changes in muscle tone associated with pain and guarding.

Subtle changes in glide direction, which are often required when a technique does not achieve the desired aims. For example, a patient may feel movement is improved by the application of MWM, but may still feel some pain with movement (i.e. they are not completely better). Subtle changes in the direction of the glide may eliminate the pain completely.

Finally **S** also stands for **common Sense**. Most of all, therapists ought to bring a reasoned approach (common sense) to rationalising indications, contraindication, communication, cooperation, knowledge, evidence and skill in individualising the MWM to the patient they are treating.

Another of Mulligan's acronyms that he uses in his teaching is **PILL**, which is defined in [Table 3](#). This is related to the desired response from the technique's application.

Pain-free application refers to the glide/mobilisation and movement components. This is the most important principle that must always be adhered to. If pain (or other presenting symptoms) cannot be eliminated during a technique then this requires the therapist to make changes to the technique. If pain is reduced during the application of a technique but not eliminated then subtle changes in glide direction and glide force should be attempted to eliminate pain completely. If pain is increased during the initial application of the glide, then this often indicates that the correct glide would be in the reverse direction. If pain with movement is unchanged by the application of a glide, then this usually indicates that a glide in a different plane is required.

TABLE 2 Repetitions: an approximate guide

| Location | | Repetitions | Sets |
|--------------------------|---------------|-------------|------|
| Spine | First session | 3 | 1 |
| | Subsequent | 6–10 | 3–5 |
| Peripheral joints | First session | 6 | 3 |
| | Subsequent | 6–10 | 3–5 |

TABLE 3 Summary of acronym PILL

| | |
|----------|----------------|
| P | Pain-free |
| I | Instant effect |
| L | Long |
| L | Lasting |

Instant means that the effect must be immediate at the time of application. This means an immediate improvement in pain-free ROM or an immediate improvement in the functional activity the patient is having issues with.

Long and **Lasting** refer to the results that should be obtained beyond the technique's application. If the effects of treatment are only short lived, then this indicates that the practitioner must make significant changes during subsequent treatment sessions. This might include an increased number of sets or repetitions, the addition of over-pressure, home exercise, or the addition of sports taping where applicable.

The practitioner can help facilitate **patient compliance** with treatment, in particular the self-management aspect, by showing the patient that the application of MWM can produce an immediate pain-free change (the 'P' and 'I' of PILL) in their most provocative or restricted movement or functional activity. Such a response may potentially have the power to change negative beliefs or expectations that the patient may have brought with them to the clinical session.

MOBILISATION WITH MOVEMENT

An MWM can be defined as the application of a **sustained passive accessory force/glide** to a joint while the patient actively performs a task that was previously identified as being problematic.

A critical aspect of the MWM is the identification of a task that the patient has difficulty completing, usually due to pain or joint stiffness. This task is most frequently a movement or a muscle contraction performed to the onset of pain, or to the end of available ROM or maximum muscle contraction. This task is referred to as the **Client Specific Impairment Measure (CSIM)** (refer to Chapter 2 in [Vicenzino et al., 2011a](#)).

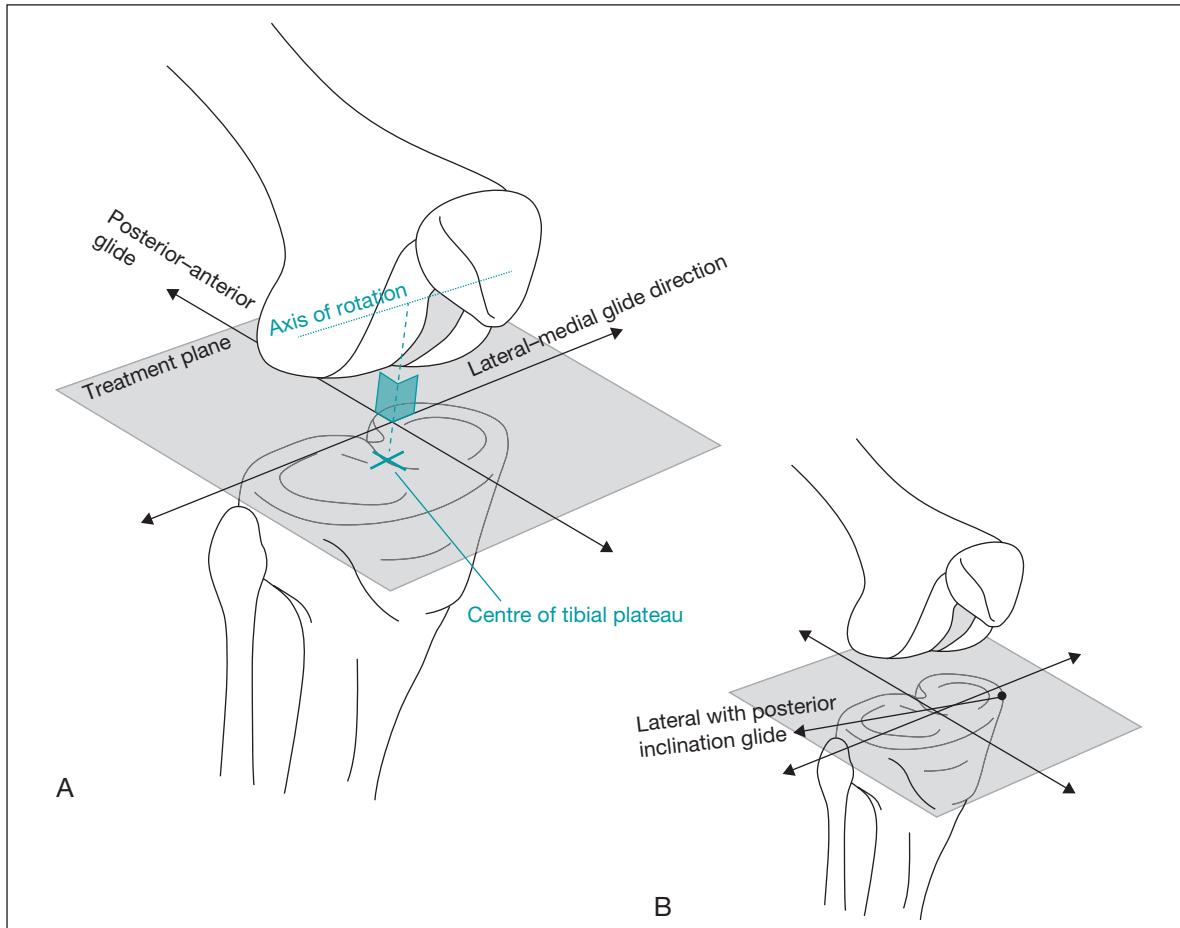
The passive accessory force usually exerts a translatory or rotatory glide at the joint and as such must be applied close to the joint line to avoid undesirable movements. It may be applied manually with the therapist's/patient's hands, or via a treatment belt, or even with sports tape applied on the skin. The direction of the accessory movement that is used is the one that effects the greatest improvement in the CSIM. It is somewhat surprising that a lateral glide is the most commonly cited successful technique used in peripheral joints ([Vicenzino et al., 2011a](#)).

An iterative approach might be required to find the right direction of the glide. The glide should be applied parallel to the treatment plane ([Fig. 1](#)) ([Vicenzino et al., 2011a](#)), which is a line drawn across the concave joint surface. For example, at the tibiofemoral joint the tibial plateau forms the treatment plane. The treatment plane will vary from person to person, and may change as a result of bone remodelling following trauma or disease such as osteoarthritis. The treatment plane will also vary according to the patient's start position. For example, in the extended knee the treatment plane is horizontal in standing but almost vertical in supine. Particular to SNAGs or MWM in the spine, the gliding direction is always in the plane of the facet joint. The orientation of the spinal facets varies from level to level, and needs to be understood before attempting a SNAG. A full review of the evidence and explanation of application, repetitions and progression is found in Chapter 2 of our first book ([Vicenzino et al., 2011a](#)).

MWM can be easily integrated into the standard manual therapy physical examination to evaluate its potential as an intervention. A seamless integration can be undertaken after examining the appropriate active/functional movements, static muscles tests and passive accessory movements. They can also be readily trialled and implemented in the first treatment session. Reassessment is generally just a matter of the practitioner taking their hands off the patient and asking them to move (without having to change position) and assessing the effect of the MWM. Usually the treatment and its reassessment is applied in weight-bearing positions for lower limb and spine problems, as the majority of CSIM are in functional weight-bearing positions. There is also a notion that treatment in weight-bearing usually brings about greater improvement in the patient's condition.

The indications for MWM both in the physical examination and for treatment are essentially the same as for other manual therapy approaches, as are the contraindications. This was discussed more comprehensively in our first book ([Vicenzino et al., 2011a](#)). Generally, mobilisation techniques, including MWM, have been conceptualised as being indicated for mechanically induced joint pain and joint stiffness limiting ROM. However, MWM has also been proposed by Mulligan to affect what appear to be soft tissue conditions, such as lateral epicondylalgia of the elbow and De Quervain syndrome, and indeed there are a number of randomised controlled trials (RCTs), case series and case studies supporting his assertion ([Vicenzino et al., 2011a](#)).

While original in nature, the MWM concept has parallels to other approaches to manual therapy that would facilitate ready adoption by the manual therapist. For example, the consideration of joint mechanics in some MWM techniques is akin to the approach advocated by [Kaltenborn \(1980\)](#), and the strong emphasis on

**Figure 1**

Treatment plane. (A) The treatment plane defined with reference to an example at the tibiofemoral joint. The treatment plane is perpendicular to a line drawn from the centre of rotation of the femoral condyles (convex member) to the centre of the tibial plateau (concave member). Glides and rotations that occur in this plane are thought to be the most mechanically effective. (B) Demonstrates fine-tuning of a lateral glide with a slight posterior inclination with the filled in circle representing the contact point and the arrow the direction. Note how the contact point and application will be modified when fine-tuning the direction (refer to Fig. 2.4, p. 16 in [Vicenzino et al. \(2011a\)](#)).

self-management using repeated movements would be familiar to McKenzie practitioners ([McKenzie & May 2003](#)). This is not surprising given that Mulligan was mentored and influenced early in his career by both these practitioners. In common with both the [Maitland \(2005\)](#) and the McKenzie approaches a change in pain response is used as an indication that the correct technique is being applied, although rather than provoking or localising pain the aim of MWM is its immediate and total elimination.

In contrast to the Maitland and Kaltenborn approaches, there is no system of grading the force and amount of movement in MWM. Rather, when applying MWM the practitioner will apply as much force in the mobilisation as is required to improve the CSIM without causing pain. Sometimes pain may be provoked by the application of too much glide force, or too strong a grade of mobilisation. Gentle force is often all that is required to achieve an improvement in pain-free function. If improvement in function is not achieved with gentle force, then the force (and therefore grade) would be increased until it is effective or shown to be inappropriate and dismissed. In addition to these differences between the MWM concept and other manual therapy approaches, MWM uniquely combines both passive and active elements. This is in contrast to just focusing on one aspect (e.g. passive joint movement as per Kaltenborn). In regard to the latter, there is some similarity to the combined movement approach described by [Edwards \(1999\)](#), in which pain-free joint positioning is used to enable end-range passive mobilisation.

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Exploring the Variety of Random Documents with Different Content

"I have no doubt that the brother feels just as he says he does, and I have no doubt that I do not feel a bit so. When I consider the interests of God's advancing kingdom of justice, and judgment, and mercy, and purity, and truth, and liberty, I think that all the things in the earth are of no value at all in the comparison, and that the earth might melt with fervent heat, the elements dissolve, and the globe vanish away rather than that this kingdom should not prevail. 'Let God be true, but every man a liar.' Let the nations perish, let everything go, but let the eternal treasures of God—truth, liberty, mercy, judgment, and purity—be preserved. I feel lifted up to a sovereign height of inspiration when I conceive of the majesty of these treasures, effluent from the heart of God, which He is seeking to embody in our time, in our earth, in this nation. Therefore, when I see justice put down I feel like a lion. When I see a great moral principle overborne there are no bounds to my indignation. When I see a great humanity trodden under foot I long to be a champion for it. And when I look on the face of an ignorant, erring, wicked multitude, I think of a great many things besides....

"For the sake of these great principles I would give my life as quick as I would pour out a glass of water; or I will do what is harder than that—I will keep it and use it for forty years, if God spares it, increasing its toil every year. I will make any sacrifice or perform any labor for the sake of a moral principle. But when I look at the South, other feelings besides those of vengeance are excited in me. Every one of those traitors is as wicked as you think, and more. The Floyds, the Davises, the Toombses, the Rhetts, and all such as they, are more wicked than we know; and yet the Lord Jesus Christ is the Saviour held up for every such one. They are all immortal, they are all, like myself, pilgrims toward the bourne of the eternal. And when I think how many ignorant creatures are led by those base men to do wicked things, half of the wickedness of which they do not know, I feel compassion for them and am sorry for them. If they array themselves against justice it is necessary that they should be overborne; but not one blow more than is necessary for the defence of the principle assailed should be struck. We are not authorized to inflict vengeance. 'Vengeance is mine, I will repay,

saith the Lord. Therefore, if thine enemy hunger, feed him; if he thirst, give him drink; for in so doing thou shalt heap coals of fire on his head.' About the use of every single sword and spear and ball needful to assert a divine principle there should be no squeamishness. I am for war just so far as it is necessary to vindicate a great moral truth. But one particle of violence beyond that is a flagrant treason against the law of love. And I can say to-night that I would go to war with every State in the Southern Confederacy, if called of God to join the army, and would hold them to the conflict till the cause of right was vindicated; and that I could, at the same time, pray for those misguided men as easily as to-night I can pray for my own babes. I am as sorry for them as for any set of men in the world. I do not think I utter a prayer on any morning that I do not pray for them, and that God does not see my feeling of tenderness and sorrow toward them. And that is not all. I regard them as citizens yet. I love this whole country. I love its past and its prospective history. God do so to me, and more also, if I ever cease to feel for them all, misguided though they be, as anxiously as for my own kin and brethren. We cannot afford to be very critical with wickedness.

"However, there are some difficulties involved in this question. Colonel Ellsworth, who has just been murdered by one of these 'miscreants' of whom you speak, I knew well. I was thinking of my own sensations when I walked over from New York after hearing the sad news. Why, I was forty feet high! I was scared, I grew so fast. I walked so lordly that every step seemed to have the weight of a mountain; yet I did not feel the touch of the earth. For one hour I think I had enough volume of feeling to have swept away a continent. I was almost frightened at the turbulent and swelling tide within me, and I said: 'Suppose my Master should come and say: My child, what are you doing with such feelings? Where is My teaching? What are you taking on yourself My supreme attribute for? "Vengeance is mine, I will repay," saith the Lord.'" Is it not charming how these texts will exorcise the devil? I put that passage on my head as a crown, and I have felt as peaceful as a lamb ever since. And although it was very base and wicked for that man to murder

Colonel Ellsworth as he did, I can say that had he not expiated his crime, and had the victim been my brother, I could still have forgiven him and prayed for him.

"Now, my brethren, I am going to fight this battle right straight through from beginning to end, and not lose my Christian feelings either. I am going to stick close to my Saviour. And, with regard to the past, I am not sorry for one sermon that I have preached among you, or that I have preached during the last twenty years of my life. If the question were put to me to-night, 'When you look back upon your public life and see what you have done to bring about the present issue, are you not sorry for the ground you have taken?' I would say, *No*. I bless God for every word I have spoken and every influence I have exerted in that direction. Knowing all that was to be, I would do over again all that I have done if the same state of things existed, only my little finger should be as heavy as my loins have been.

"Now that the time of conflict has come, we must accept it. I mean to go through it, and you shall; and I pray God that the whole anointed Church at the North may, bearing the banner of Christ along with the banner of our country. The stars over us shall not be brighter and purer than those that we carry into this very conflict. We have had examples enough to know that even in such a desperate case as civil war a man may be a Christian. I thank God that praying men have gone into the army from this church. Every day and night there is a prayer-meeting in our camp, and there will be to the end. And I believe that among our soldiers are those who, if they saw the bitterest and most blasphemous of the enemy suffering and dying, would relieve their sufferings by kind offices and soothe their last moments by comforting words. God grant that it may be so, and that, both in the service of the country and in the service of the Lord Jesus Christ, they may be true soldiers!"

It is impossible to describe, or even, in our time, to conceive, the fervor of patriotism that followed the firing upon Fort Sumter. Patriotic meetings were held in nearly every village of the North, and the raising of flag-poles with their accompanying exercises was the order of the day. A monster mass-meeting was held in Union Square,

New York, over which John A. Dix presided, and where the flag which had been lowered at Sumter was displayed. The attack on the Massachusetts regiment in Baltimore as it hastened to the defence of Washington deepened and increased the excitement. The ranks of military companies already organized were speedily filled, and the young men met, in most of our Northern cities, week by week for military drill. A squad of these was formed in Brooklyn. Some fifteen of us wanted to go to the front, and offered ourselves to one of the New York regiments, but the offer was refused with thanks. Their ranks were full and they had no place for us. Hearing of this, Mr. Beecher, who took a deep interest in this whole matter and used to attend our drills, proposed that two of us, his own son and one who expected to belong to his family, should join a cavalry regiment then being enlisted in New York. He gave us each a horse, brought us home our equipment of pistols, bowie-knives, etc., and, the next day, went with us to New York to see us enlist; but the enlisting officer had received notice from Washington the day before to accept no more recruits—cavalry regiments were not thought to be necessary for the ninety days' struggle; and so we were refused. One of us went to Riker's Island, and, after a month of waiting, was able to get into service; the other, having just finished his theological course, and having for weeks been importuned by a church to become its pastor, concluded that it was God's will that he should preach, left the city, and went to work.

There was great variety of work to be done. No need now of efforts to arouse the public mind—the firing upon Fort Sumter had done that; no need now of urging men to the front—the young men of the nation had formed into companies and regiments faster than the government was willing to accept them. Illinois asked permission to furnish all the men that were required. But another work pressed upon heart and hand. Homes at the North were being made desolate, not only by the absence but by the death of their loved ones. Tidings began to reach us of what afterwards seemed skirmishes, but were important battles in those days—Big Bethel, Newport News, and others; and the list of the dead, small to what it afterwards became, carried with it then, as always, sorrow and

heart-break. The bodies of fallen sons and brothers, picked up on the battle-field or gathered from the hospitals, covered with the stars and stripes, were being borne through the streets of our cities on the way to bereaved homes, and the people needed comforting. Then it was that the words of one perfectly assured of the justice of the cause, that it was of God, and that those who upheld their country's flag were doing His work, and who viewed life and death as only and equally desirable when they accomplished His will, rang out like the resurrection challenge of St. Paul: "O death! where is thy sting? O grave! where is thy victory?"

In a sermon preached May 26, 1861, when but the first mutterings of the storm had been heard and the first splashes of rain were felt, he says: "He whose remains are to pass to-day, amid many tears, through yonder city, lived long though he died early. Why? Because he lived to a moral purpose. Because he has given his name to patriotism. Millions of men shall live four-score years and shall not leave any such memorial as he has left. He had lived long enough. Any man that can give the whole weight of his being and his heart-life to a great truth or cause has lived long enough. Measure him by the higher and not by the lower standard. Do not say that he has lost days, that he has lost coming honors, that he lost pleasure. He lost nothing. He gained everything. He gained glory, and paid his life for it in such a way as to take on immortality."

One very intimate with him in those days says: "I do not think that he spent a moment in solicitude for the fate of those who were at the front, not even of his own flesh and blood. Everything seemed swallowed up in his zeal for his country, and for her he was ready to sacrifice everything without complaint or hesitation."

"My oldest son is in the army, and shall I read with trembling anxiety the account of every battle to see if he is slain? I gave him to the Lord, and I shall not take him back and I will not worry and fret myself about him. I will trust in God though He slay not only him but me also; and all I have I put on the same ground—I try to, sometimes not succeeding and sometimes succeeding a little. My God, this Christ Emmanuel—God with me—has sustained and comforted me in care and trouble, and taken away my fear and put

hope in its place, and I will look to Him still; and if there are any here that have carried burdens, and whose faces are wrinkled with care, I beseech of you to try living by faith in a present Saviour that loves you and ordains all things, and says that everything shall work for your good if you love God."

Among the things that occupied his time and called forth all his energies was the equipment of the Fourteenth Long Island Regiment. His home at 124 Columbia Heights became a store-house of military goods and a place of consultation for men interested in the events that were taking place; Plymouth Church became a rendezvous for regiments passing to the front, and the church parlors a workshop where the women and maidens of the church, under the direction of Mrs. Beecher, met daily to sew and knit and pack for the soldiers. He told Mrs. Beecher to use all his salary in this direction, except such as was absolutely necessary for running the household. She did this, and added to the amount by personal solicitation from families and merchants, until an immense sum was raised and expended.

While many men sent single substitutes, Mr. Beecher determined to be represented in the war by a whole regiment; and so, after helping to fit out two regiments, he took upon himself the entire burden of equipping a new one, called "The Long Island Volunteers," afterwards the Sixty-seventh New York. This regiment would never have had any existence but for the labors of Mr. and Mrs. Beecher, and the members of the church whom they interested in it. Their eldest son, Henry Barton Beecher, joined it and was made a lieutenant. In those days the government had plenty of men and very little money, and therefore declined to accept this regiment for many weeks after it was organized, during which time the entire expense of feeding and clothing the men was borne by subscriptions raised by Mr. Beecher. It was not until after the battle of Bull Run, at the end of July, 1861, that the regiment was even in form accepted, and not until much later that it was actually mustered into the national service.

In those days of multiplied and harassing labors Mr. Beecher did not lose his hope, his cheerfulness, nor even his mirthfulness. He

had a refuge to which he constantly fled when the pressure became too heavy. He had also the power of seeing the humorous side of many common or even tragic events, and drawing from them laughter as well as tears. The flowers, too, and the clouds had their message for him. He kept the channels of his soul wide open on every side to receive, and became a fountain of perpetual inspiration to others.

At this time, while the route through Baltimore was closed against our troops on their way to Washington, he preached to the "Brooklyn Fourteenth," on the eve of their departure to the front, upon "Our National Flag." After giving the history of our banner he more particularly addressed the soldiers before him:

"And now God speaks by the voice of His providence, saying, 'Lift again that banner! Advance it full and high!' To your hands God and your country commit that imperishable trust. You go forth self-called, or rather called by the trust of your countrymen and by the Spirit of your God, to take that trailing banner out of the dust and out of the mire, and lift it again where God's rains can cleanse it, and where God's free air can cause it to unfold and stream as it has always floated before the wind. God bless the men that go forth to save from disgrace the American flag!"

"Accept it, then, in all its fulness of meaning. It is not a painted rag. It is a whole national history. It is the Constitution. It is the government. It is the free people that stand in the government on the Constitution. Forget not what it means; and, for the sake of its ideas rather than its mere emblazonry, be true to your country's flag. By your hands lift it; but let your lifting it be no holiday display. It must be advanced '*because of the truth*.'

"That flag must go to the capital of this nation; and it must not go hidden, not secreted, not in a case or covering, but full high displayed, bright as the sun, clear as the moon, terrible as an army with banners! For a single week that disgraceful work, that shameful circuit, may be needful; but the way from New England, the way from New York, the way from New Jersey and Pennsylvania, to Washington, *lies right through Baltimore*, and that is the way the flag must and shall go! [Enthusiastic cheers.] But that flag, borne by

ten thousand and thrice ten thousand hands, from Connecticut, from Massachusetts (God bless the State and all her men!), from shipbuilding Maine, from old granite New Hampshire, from Vermont of Bennington and Green-Mountain-Boy patriotism, from Rhode Island, not behind any in zeal and patriotism, from New York, from Ohio, from Pennsylvania and New Jersey and Delaware, and the other loyal States—that flag must be carried, bearing every one of its insignia, to the sound of the drum and the fife, into our national capital, until Washington shall seem to be a forest in which every tree supports the American banner!

"And it must not stop there. The country does not belong to us from the Lakes only to Washington, but from the Lakes to the Gulf of Mexico. The flag must go on. The land of Washington shall see Washington's flag again. The land that sits in darkness, and in which the people see no light, shall yet see light dawn and liberty flash from the old American banner! It must see Charleston again, and float again over every fort in Charleston harbor. It must go further, to the Alligator State, and stand there again. And sweeping up through all plantations and over all fields of sugar and rice and tobacco, and every other thing, it must be found in every State till you touch the Mississippi; and, bathing in its waters, it must go across and fill Texas with its sacred light. Nor must it stop when it floats over every one of the States. That flag must stand, bearing its whole historic spirit and original meaning, in every Territory of this nation!"

Other sermons of similar character followed. "The Camp, its Dangers and Duties," was one:

"For any one that is going forth to meet the temptations of camp life I had almost said I would sum up in one single word of remembrance a talisman of safety—temperance, absolute temperance.... The men that are dangerous in camps are not bloated drunkards, shameless gamblers, and such as they. But an accomplished officer, a brilliant fellow, who knows the world, who is gentle in language, who understands all the etiquettes of society, who is fearless of God, who believes nothing in religion, who does not hesitate, with wit and humor, to jeer at sacred things, who takes an infernal pleasure in winding around his finger the young about

him, who is polished and wicked, and walks as an angel of light to tempt his fellow-men, as Satan did to tempt our first parents—if there be in camp such a one, he is the dangerous man.

"There ought to be a bold stand taken in favor of virtue by the good in each one of the various companies. If there is not such a stand taken in Company C of the Fourteenth Regiment, I shall be ashamed of my preaching."

He was constantly invited to lecture, and almost any sum was offered to secure his services. These, as we may well conceive, were mostly patriotic addresses upon the great subjects that were then burning in the minds of the American people.

We remember well his having a course at Providence, Rhode Island, the third of which was delivered Monday, after the heavy work of the day previous, and when he took the train he had not touched pen to paper nor given it a moment's thought; but his mind and heart were fully awake, and the resources of a lifetime of thought and labor were at his command.

The battle of Bull Run, which was fought in July, as is well known, was the first battle of the war of really national importance. The result was sobering and humiliating to the North. On the following Sunday evening Mr. Beecher preached a sermon upon "God in National Affairs." After tracing His way in the history of the nation, he says:

"The battle is well begun. If I consult my pride, if I consult my vanity, I fain would never have seen our banners dip; and yet, if I consult a larger wisdom, I know not but that the best thing that can befall us is that humiliation which shall teach us not to rely so much on words and cheers and newspaper campaigns. A defeat just sufficient to make us feel that we must fall upon the interior stores of manhood, that we must have faith in God, that we must set aside everything but a solemn purpose and an earnest consecration of ourselves to this work which God has given us to do—such a defeat cannot but be beneficial."

And so it proved. The battle of Bull Run awoke the North from its dream of easy conquest, and thenceforth she took up the war in earnest.

In his Thanksgiving sermon in November of that year, upon "Modes and Duties of Emancipation," he shows the conservatism of his belief and his confidence in the national authority if rightly used—"This conflict must be carried on through our institutions, not over them"—and his view of the great forces engaged—"While preparations for this conflict have been going on God has poured money into our coffers and taken it away from those who might use it to our harm. He is holding back France and England, and saying to all nations, 'Appoint the bounds! Let none enter the lists to interfere while those gigantic warriors battle for victory! Liberty and God, and slavery and the devil, stand over against each other, and let no man put hand or foot into the ring till they have done battle unto death!' Amen! Even so, Lord Almighty. It is Thy decree, and it shall stand! And when the victory shall come, not unto us, not unto us, but—in the voice of thrice ten thousand, and thousands of thousands, of ransomed ones, mingled with Thine earthly children's gladness—unto Thee shall be the praise and the glory, for ever and ever. Amen."

During all these years, almost from the time he came to Brooklyn, Mr. Beecher had been fortunate in having a channel of communication with the public, in general so in harmony with his own views and spirit as the New York *Independent*. In its second number appears an extract from a sermon of his, followed by frequent contributions from his pen called "Star Papers," and for the last three years a sermon in full upon the second page. He is now called to its head. In the issue of December 19, 1861, appears his "Salutatory." Since in this he gives, in brief, his conception of the office and importance of the religious newspaper, it is given in full:

"The undersigned has to-day assumed the editorial management of the *Independent*. This will not involve any change in the principles, the purposes, or general spirit of the paper. The *Independent* was founded to illustrate and to defend the truths and doctrines of the Christian religion; to employ them as the authoritative standards by which to estimate and influence events, measures, and men; to infuse a spirit of truth and humanity into the affairs of this nation; to give aid and encouragement to every

judicious scheme of Christian benevolence. It has sought to leaven with the Christian spirit all the great elements of our civilization. These were the aims. The results are upon record.

"For the future, studying a catholic sympathy with all who love our Lord Jesus Christ, and seeking to promote concord among all Christians of every name, the *Independent* will still continue explicitly and firmly to hold and to teach those great cardinal doctrines of religion that are substantially held in common by the Congregational orthodox churches of New England and by the Presbyterian churches of our whole land. But, as heretofore, this will be done for the promotion of vital godliness rather than for sectarianism.

"The *Independent* will not deviate from that application of Christian truth to all public questions which has thus far characterized its course. While seeking to promote religious feeling, as such, and to incite and supply devotional wants, it will not forget that there is an ethical as well as an emotive life in true religion. We shall therefore assume the liberty of meddling with every question which agitates the civil or Christian community, according to our own best discretion.

"The editorial profession, with the progress of popular intelligence, has assumed an importance second to no other. It may unite in it the elements of power hitherto distributed in the several professions, and add, besides, many that have belonged to no other calling. He who knows the scope and power of the press need desire no higher office than the editorial.

"In that silent realm of influences out of which proceed the actions of men and the events of history, the editor is the invisible leader. Votes cannot raise him higher. His pen is more than a sceptre. Profoundly impressed with such a responsibility, desiring to honor God in the welfare of men, we ask the sympathy of good men and the remembrance of all who pray.

"HENRY WARD BEECHER."

At this time the excitement growing out of the capture of Mason and Slidell on board the British steamer *Trent*, by Commodore Wilkes on the *San Jacinto*, was at its height. News had just reached this

country of the bitter feeling awakened by "the outrage," of the shipment of troops to Canada, and other hasty preparations by Great Britain to avenge the insult to her flag. And Mr. Beecher's first editorial bears the somewhat ominous title of "War with England."

As we might expect, it is both temperate and defiant in language and tone:

"We have no idea that there will be any war with that power. England has a peculiar practical wisdom in affairs which touch her own material interests. Her folly will be expended in words; her wisdom reserved for actions. It is not her interest to go to war with the Northern States in the interest of the Southern States. There is no probability that she will allow herself, whatever she has done in other days, to be found fighting for slavery against freedom....

"There is no desire on our part for so unnatural a war. To avert it we shall be willing to yield anything but honor. Our hands are sufficiently full. To have a British fleet thundering at our sea-doors, while the volcano was yet pouring lava through our Southern States, would be a little more business on hand than could be attended to with that thoroughness which our people desire in all warlike enterprises.

"Yet should England force us into war, terrible and atrocious as that would be, America is determined to put her in the wrong before the world. If we have transgressed any law of nations; if we have, indeed, violated any right of England; if we have, to the width of a hair, passed beyond the line of our own proper duty and right, we shall, upon suitable showing, need no menace to make ample reparation. We shall do it for the satisfaction of our own sense of justice. But if we are right, if we have done right, all the threatenings in the world will not move this people from their steadfastness....

"Our wish is to unite with England in a race of civilization. But if she *will* fight, we *must*."

Some idea of the variety and character of the work he did at this time may be gained by a look at his editorials found in the *Independent* of January 16, 1862, the third week of his administration as editor. The first is "Our Help from Above," in which

he directs all burdened hearts to the great sources and divine methods of consolation. "The nearer our thoughts come to the infinite and the divine the more power have we over our troubles. The act of consolation is, to a great degree, the act of inspiration."

The raising, equipping, and feeding such vast armies as, it was now seen, would be required for the prosecution of the war, awakened in the minds of thoughtful men a question scarcely second in importance to any. By what plan or on what system shall the money required for these large and expensive enterprises be secured? His second editorial upon this page takes up this matter under the head of "A Word from the People to Congress," in which he urges the fearless imposition of taxes sufficient to carry on the war, and justifies such a course upon the simple basis of honesty. The article opens with this sentence, "Taxation and national honesty are now synonymous," and closes with this, "Every honest man in America ought to send to Washington one message in two words, *Fight, Tax.*"

How to treat the black men that came into our lines, or were liberated by the advance of our armies, was another of the pressing questions at this time, and one concerning which there was a great difference of opinion. He treated this subject in a column article on this page, entitled "*Men, not Slaves.*" The position which he held, and advocated with great force and clearness, is given in this sentence: "One thing is plain—one thing as a starting-point admits of no doubt, needs no hesitation: let us forget that these blacks ever were *slaves*, and remember only that they are *men*. With this as our first principle we cannot go far wrong."

This money-raising was a matter of so great importance that he devoted another column to it on this same page, on the "Duty of the Hour." In the first article he sent a message to Congress; in this he speaks to the Christian public: "Whether the great impending patriotic tax shall be a moral triumph and a testimony to the religious life of this people will depend largely upon the conduct of Christian men and the action of Christian teachers.... There seems to have been very *little education of the consciences of Christian men to the duty of a cheerful support of government by their property.*

Even Christian men are tempted to give grudgingly, selfishly, meanly. The nobler sentiments of the heart have been allowed but little scope in this part of citizen duty.

"Is the Gospel worn out? Are ministers of the Gospel less manly and Christian than in the days of the fathers? Has the American pulpit forgotten that its place is in the van—that it leads, not follows, the camp?

"Every church should have a public sentiment developed within it which shall make this national tax almost a free-will offering. Let Christian laymen take counsel together. Let the leading men of towns and neighborhoods not only set a good example, but make it their duty to cheer and inspirit the slow and reluctant. Let Christian men everywhere, and in all things, seek to inspire the public mind with an earnest willingness to discharge this great debt which we are called to pay for *national unity, national safety, and national glory.*"

In those days of dress-parades in our largest army, and "all quiet on the Potomac," men chafed continually over what appeared to be inaction and timidity on the part of the government at Washington. This found expression in still another article by this same pen upon this same page, "Courage and Enterprise":

"There was never a time when timidity was so nearly allied to rashness, and courage to the highest prudence, as now. We have every element of national prosperity except the courage to use our power. Standing on a centre and whirling around with sound and celerity may make a *top*, but never an administration. Courage to see and accept the whole national danger; courage to see and to accept the thoroughest remedy; courage to ask the people for all that is needed, without a thought of refusal; courage to use the means, willingly afforded, so as to put the whole strength of this nation into every blow; courage to dash in pieces every enemy, without stopping to consider just how we shall mend the pieces afterward—this is the very critical prudence of good administration.

"Since war is upon us, let us have courage to make war.

"There is no money needed, there are no men wanted, there is no enthusiasm that the North will not give with eager gladness, if only

SOMEBODY will speak to the nation such words as the fathers spoke! Then men LOVED liberty! The nation suffered for a principle! What are we doing now? Are we raising moss on cannon-wheels, or are we fighting? Is it husbandry or war that is going on? Are we to starve Southern armies or conquer them? Do we mean to put down rebellion by *soldiers or ferrets*?"

These editorials showed certain features which were as characteristic of his work in the editor's chair as they were in the pulpit and upon the platform; the first of these was this: he chose his subjects from among the things which at that time affected and interested the people. This he did, not simply because he could then get the ear of the public, nor because these were in themselves the largest or most important matters, but from a deep religious conviction that these present questions and present interests were a part of God's providence, by which and through which He was accomplishing His purposes; and that in treating these matters he was working together with Him. He believed thoroughly in God's action in common affairs and through the impulses given to common men. This conviction made him a leader of the people without bringing him into bondage to them. It gave him the kind of leadership to which he attained: not of the abstract thinker in the movements of a hundred years hence, but of the practical man of affairs in the battles of to-day. This gave him the boldness that he never failed to display. Confident that he was moving in harmony with God's purpose and at His own appointed time, he waited for no gathering of numbers, but pushed on alone, if necessary, with an assurance born of faith. Storms and confusion did not daunt him, because he recognized in these but the necessary methods by which the Almighty carries out His designs in the moral and spiritual as in the material world.

Another characteristic feature was seen in his treatment of the subject in hand. He uniformly regarded it from the standpoint of the law of Christ's kingdom on the earth—"Bear ye one another's burdens." This insured harmony in his policy through all changes of events around him, and ultimately secured success. All the forces of the universe, because created and administered by the Saviour of

mankind, were on the side not only of justice and truth but of kindness, forbearance, and helpfulness, and must in time prevail. So deep was his conviction of the direct and universal application of the law of this kingdom that he instinctively took this side, and linked his action and his destiny with its fortunes, when prudence and policy would seem to dictate a different course, with a sublime confidence in its final victory.

A third characteristic was this: He wrote so as to awaken inspiration, to stir men's hearts to feel. It was not enough that men believed a truth; that was nothing unless they felt it. His words must take hold, they must excite the emotions and move men to action, or they were a failure.

Besides the editorial articles referred to on this one page, there was his sermon in this same issue occupying more than four columns of the second page of the paper. It was upon the Divine Government, and moved along on these lofty heights: "We believe that God is in His own world and that He governs it by His personal will; that this government includes nations, families, and individuals; that it aims at the highest good and the everlasting good of sentient and intelligent creatures; that it is one which admits the action of our minds upon God's and the action of God's upon ours; that it has in it a place for all human yearnings and strivings and longings." "I bring you a Gospel that will never wear out, a Gospel which is for ever fresh, and that is, Emmanuel—God with us: God with you, in you, around you, loving you, bearing with you, forgiving you, helping you, watching over you, taking you up and carrying you as the parent takes up and carries the little child."

The first anniversary Sunday of the attack on Fort Sumter was marked by a sermon on the "Success of American Democracy," the tone of which may be judged by the following passage:

"We will give every dollar that we are worth, every child that we have, and our own selves; we will bring all that we are and all that we have, and offer them up freely—but this country shall be one and undivided. We will have one Constitution and one liberty, and that universal.' The Atlantic shall sound it and the Pacific shall echo it back, deep answering to deep, and it shall reverberate from the

Lakes on the North to the unfrozen Gulf on the South—‘One nation, one Constitution, one starry banner!’ Hear it, England!—one country, and indivisible. Hear it, Europe!—one people, and inseparable. One God; one hope; one baptism; one Constitution; one government; one nation; one country; one people—cost what it may, we will have it!”

The summer of 1862 was, perhaps, a period of as great discouragement to the North as any during the war. After months of preparation and wearisome delays, with the grandest army that had ever been gathered on this continent, McClellan had made his advance against Richmond, only to entrench, retreat, and at last to be hurled back defeated and shattered. It was when these terrible disasters were beginning to be understood and their true significance appreciated that Mr. Beecher’s editorials in the *Independent* rose to their highest point of power and influence. They were directed to the people and to the government as occasion demanded, but always with such a grouping of facts, with so clear an appreciation of the situation, and with so great earnestness of appeal and power of denunciation that they must be reckoned among the loyal forces. We give the titles and a few sentences from several of that time, that their general character may be understood. On July 3, 1862, we have one upon “The Great Duty”:

“In another column will be found the President’s call for 300,000 more soldiers. These, and as many more if needed, can be raised. The North has not changed her mind. The integrity of this nation, the authority of its Constitution over all its original territory, will be maintained at every hazard and at whatever expense.

“It is our duty to the nation and to the family of nations to make a slaveholders’ rebellion so odious and disastrous that it shall stand to all ages like Sodom and Gomorrah. Whatever it may cost in men and money, the North is fully assured that for nothing else can money be so well spent, and for nothing nobler can men live, or, if need be, lay down their lives!

“The great duty now is to maintain a united North. No event can be more sure than the victory of this government over the slaveholders’ conspiracy, if the loyal States are united. But if secret

feuds or open factions shall divide and paralyze the popular feeling, the cause will fail, or succeed only after long, wasting, and useless expenditures."

In the next issue, July 10, he has an equally strong editorial upon "The Country's Need." The suppression of news, the failure to trust the people, the political intrigues at the capital, moved him to righteous and sorrowful indignation:

"Did the government frankly say to this nation, We are defeated? To this hour it has not trusted the people. It held back the news for days. Nor was the truth honestly told when outside information compelled it to say something. It is even to this hour permitting McClellan's disaster to be represented as a piece of skilfully planned strategy! After the labor of two months, the horrible sickness of thousands of men poisoned in the swamps of the Chickahominy, the loss of probably more than ten thousand as noble fellows as ever lifted a hand to defend their country, McClellan, who was four miles from Richmond, finds himself twenty-five miles from the city, wagons burned, ammunition-trains blown up, parks of artillery captured, no entrenchments, and with an army so small that it is not pretended that he can reach Richmond! The public are infatuated. The papers that regaled us two weeks ago with visions of a Fourth of July in Richmond are now asking us to rejoice and acclaim—not at victory—but that we have just saved the army! McClellan is safe!—and Richmond too!"

"The government, upon this disaster, procures the governors of the States to *ask it* to call for 300,000 more men. Why did not the President take the responsibility, plainly confess our disaster, say that we were within a hand-breadth of ruin, throw himself on the people? No. The people pay taxes, give their sons and brothers—but that is all. We are sick and weary of this conduct. We have a sacred cause, a noble army, good officers, and a heroic common people. But we are like to be ruined by an administration that will not tell the truth; that spends precious time in playing at President-making; that is cutting and shuffling the cards for the next great political campaign. Unless good men awake, unless the accursed silence is broken that has fallen on the people, unless the government is held sternly to its

responsibility to the people, we shall dally through the summer, make brigadier-generals until autumn, build huge entrenchments, but fight no battles till they are forced upon us, and then we shall be called upon to celebrate our defeats or retreats as masterly strategies!

"We have a country. We have a cause. We have a people. Let all good men pray that God would give us a government!"

This is followed by one, July 17, on the "Patriotism of the People." Its tone will be understood by these few sentences:

"There is no need of rousing the patriotism of the people. It is an inexhaustible quality. It underlies their very life. The government itself is buoyed up by it, and rides upon it, like a ship upon the fathomless ocean.

"No. It is the government that needs rousing. We do not need meetings on the Hudson, but motion on the Potomac. It is not in Boston, or Buffalo, or Cincinnati, or New York that this case is to be settled, but in Washington. There is no use of concealing it. The people are beginning to distrust their rulers—not their good nature, their patriotism, their honesty, but their capacity for the exigency of military affairs. They know that in war an hour often carries a campaign in its hand. A day is a year. The President seems to be a man without any sense of the value of time. The people admire his disinterestedness. They believe him firm when he reaches decisions. But they perceive how long a period he requires to form judgments; how wide a circuit he takes of uncertainty and vacillation before he determines. In civil affairs, that can bear to wait, the people deem him among the best of our long line of Presidents. But it is war! Armies are perishing. Months are wasting. We are in the second year of rebellion. We have been just on the eve of doing something for sixteen months!

"The nation rose up in its majesty to punish rebellion. It put a magnificent army into the President's hand. For one year that army was *besieged* in the capital!

"At length, this past spring, began the campaign in Virginia. The people gloried in the belief that the majesty of the government would be asserted. After four months' campaign the armies of the

United States are on the *defensive*! Not less than a hundred thousand men have been lost by death, wounds, sickness, and captivity; McClellan is cooped up on James River; Pope is collecting an army; and the country is to-day actually debating whether the enemy cannot strike a blow at Washington! Is this such a management as will confirm the confidence of the country in Mr. Lincoln's conduct of the war? Do we need to ask why men are slow to volunteer? Does any man need to be told what the end of such things must be? This is not punishing rebellion; it is helping it....

"We speak plainly, sorrowfully, earnestly. An enemy of the Administration would have no right to speak so. We are friends—all the more because we speak out what millions think but do not utter, lest it might hinder the cause. But, unless some one speaks, there will soon be little cause left to hinder or to help."

In the next issue, that of July 24, he has another two-column editorial upon "The Duty of To-day":

"In the beginning of this great struggle the question among loyal men was, *How shall we save this nation?* One year of fighting and the question is, *WHETHER we can save it?* That is the question of to-day....

"The South has simplicity and unity of purpose. The North is uncertain which she wishes most—to subdue the rebellion, to leave slavery unharmed, or to have the right President at the next election!

"The South adjourns every question and postpones every interest in favor of arms. The North is busy with conflicting schemes and interests—and is also mildly carrying on war.

"Does anybody doubt the result of such a course? It is so certain that it is not worth our while to waste another man or another dollar! Either the Administration policy should instantly change or the war cease! It is not more vigor so much as a different *internal idea*. If the Administration cannot be disenchanted of the traditional policy that has grown up during the heartless, timid, compromising era of the last half-century, and adopt the simple and straightforward policy that becomes a people striving for liberty and free institutions upon the American continent, then we are doomed! It is war that we are

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